

# 食物及症狀日誌

## FOOD & SYMPTOM DIARY



# 香港常見食物致敏原 Top Food Allergens in Hong Kong



雞蛋  
Egg  
71.1%



乳製品  
Dairy  
64.5%



鴨蛋  
Duck egg  
54.8%



羊奶  
Goat milk  
43.9%



蠔  
Oyster  
30.3%



薑  
Ginger  
29.9%



小麥麩質  
Wheat gluten  
28.6%



豆角  
String bean  
25.1%



麵包酵母  
Baker's yeast  
21.2%



燕麥  
Oat  
20.9%

2016 測試結果/ Test result in 2016

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# Food Diary

Food diary is a useful tool to help understand your eating habit and pattern, which also helps tracking your potential food allergens. According to Allergy UK, food diary is the gold standard and the only way to ascertain any foods that cause adverse reactions. In order to get a good presentation of your normal diet, your record of food diary should be **continued** for **at least 2 weeks**.

## How does a food diary help indicate your offending foods?

- 💡 Understand the potential food allergens that present in your diet
- 💡 Pinpoint a specific food groups that relate to specific type of symptoms
- 💡 Track your food consumption and pinpoint any specific food groups relate to specific symptoms
- 💡 Track the pattern of your symptoms
- 💡 Track the changes during the elimination period
- 💡 Help identifying whether your previous food allergens are still causing burden to your immune system



- This food diary is designed to trace any potential food allergens in your current diet, as well as a record of your elimination diet for your own reference.
- Please consult healthcare professionals before making any dietary changes or get tested.
- You may consider taking a blood test for diagnosis if you suspect of any food allergens, or to re-test after the elimination period.

# Food Selection & Preparation

## Always remember:

- 💡 Read the food ingredient list before purchase
- 💡 Choose whole food where possible
- 💡 Watch out your food allergens and its derived products
- 💡 Choose low-allergen or allergen-free product
- 💡 Choose food products that made with lower allergen ingredient



## Pay attention to pre-packaged food product:

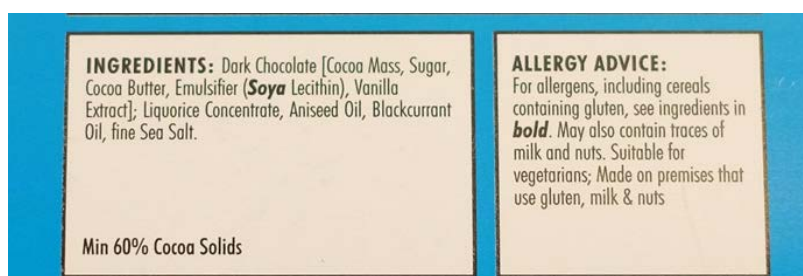
- 💡 Choose food products that with '**Free-from**' or '**Allergen-free**' wording on the packaging
- 💡 Food allergens are usually highlighted or bolded on the packaging
- 💡 Other potential allergens that used in low-allergen products
- 💡 Hidden food allergens, usually the sub-ingredient of the food product

## Food preparation and cooking:

- 💡 Use different utensil and cooking tools to avoid cross-contact, including knife, spoon, chopping board, frying pan, plate, container, etc.
- 💡 Prepare an allergen-free version and a normal version of dish, so friends and families could share the same dish without being isolated
- 💡 Avoid re-used cooking oil

## On occasions:

- 💡 **Travel:** Notify the airline your food allergens when purchasing the flight ticket
- 💡 **Party or gathering:** Notify the catering company with your food allergens or other concerns, and read the menu beforehand



# Restaurant Selection

## When dinning out:

- 💡 Always remember you allergic foods
- 💡 Always carry the food sensitivity test report card with you
- 💡 Read both drinks and food menu in advance
- 💡 Consult your nutritionist or dietician before dining out
- 💡 Double check with the restaurant for your concerns



## Pay attention to:

- 💡 **Ethnic foods that include common food allergens**
  - Asian** (Japanese, Chinese, Thai, Korean) – PEANUT, FISH, SHELLFISH, SOY, EGG
  - French** – TREE NUTS, EGGS, DAIRY, MUSTARD, WHITE and RED WINE
  - Indian** – HERBS & SPIECES (bay leaf, coriander, cardamom, ginger, garlic, turmeric)
  - Italian** – TOMATO, DAIRY, WHEAT (gluten), SEEDS, TREE NUTS, SOY
  - Mexican** – HERBS & SPICES (chili, cinnamon, garlic), WHEAT (gluten)
  - Middle Eastern** – SEEDS, TREE NUTS, PEANUT, SOY, DAIRY
- 💡 **Type of food and restaurant**
  - Bakery** – EGG and WHEAT are usually mixed into batter for different bakery goods
  - Buffet** – Buffet offers a wide range of food selection, highly increasing the exposure of hidden food allergens
  - Deep-fried dish** - EGG batter is often used in deep-fried food (Tempura and French toast)
  - Dessert store** - MILK, EGG, SEED and TREE NUTS are used in many desserts, neither in Chinese or Western style
    - Cross-contact of food allergens likely to expose, such as the shared ice cream scoops between different flavors
  - Take-away shop** – Food allergens are likely mixed into the dish and cannot be removed, including the sauce or the base ingredient of the dish

## 💡 Sauce and others

- SOY** – Soy sauce
- EGG** – Hollandaise sauce, mayonnaise, custard
- MILK** – Butter, cream, cream soup, white sauce, milk powder
- SEAFOOD** – Oyster sauce, seafood soup based, supplement



## After Testing

Please make a note of your food allergens, eliminate these foods during the elimination period and chose low-allergen or allergen-free products as alternatives.

Testing day: \_\_\_\_\_

### IgE - Food Allergy

#### Class I and greater (Lifetime elimination)

### IgG - Food Sensitivity

#### Class III and greater (Suggested elimination period: 6-9 months)

#### Class II (Suggested elimination period: 3 months)

# Your Food & Symptoms Diary

**Keep a record of EVERYTHING that you consumed, with measurement and your feeling**

<b>Food &amp; Beverage</b>	Weight (g, ml), brand, serving size (A small apple)
<b>Nutritional supplement</b>	Brand, daily dose
<b>Prescribed medicine</b>	Brand, daily dose
<b>The combination of food</b>	Toppings, fillings and condiments (Ketchup, butter, sauce)
<b>The cooking method</b>	Grill, baked, fried, deep-fried, steamed, roasted
<b>Symptoms, illness or stress</b>	Time and duration

## Things to keep in mind:

- 💡 Be honest and detailed to every record you make, measurement as accurate as possible
- 💡 Record your consumption right away, as the recollection is likely to be less accurate

## Example

Time of Day	Food & Drinks	Amount consumed	Symptoms
<b>Breakfast</b> <u>09:00 a.m.</u>	Oat meal <ul style="list-style-type: none"> <li>- Rice milk</li> <li>- Rolled oat</li> <li>- Fresh blueberries</li> <li>- Banana</li> </ul> Bread	300ml 40g 30g Half 1 thick slice	N/A

## Your Food & Symptom Diary

Date: \_\_\_\_\_ ( \_\_\_\_ )

Time of Day	Food & Drinks	Amount consumed	Symptoms
<b>Breakfast</b> <hr/>			
<b>Lunch</b> <hr/>			
<b>Dinner</b> <hr/>			
<b>Snack/ Others</b>			

Nutritional supplement & medication description	Time & dose



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# Food & Symptom Diary

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This food diary is for educational purpose only and is not recommended as a mean of diagnosing or treating any illnesses. Neither the publisher nor the contributors directly or indirectly dispense medical advice, nor do they prescribe any remedies or assume any responsibility for those who choose to treat themselves.

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## 參考資料 Reference

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食物過敏影響著約5%的成人及8%的小童，還有持續上升的趨勢。

Food allergy is affecting around 5% of adults and 8% of children, which are continuously rising.

食物過敏及食物敏感的發生是因免疫系統誤以為某些食物中的蛋白質是有害物質。

Food allergy and sensitivity are caused by your immune system incorrectly identifying some of the proteins in food as harmful substances.

食物敏感會引致腸道症狀以及腸壁發炎，如嘔吐，便秘或腹瀉。

Food sensitivity contributes to more gut-based symptoms, such as vomiting, constipation or diarrhea, as well as inflammation of the gut wall.

抗體是免疫系統用來識別和對抗感染的一種血液蛋白。

Antibodies are a type of blood protein used by your immune system to recognize and fight infection.